DOCUMENT RESUME

ED 421 830 EC 306 590

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TITLE	Essentials of Play Therapy with Abused Children. [Videotape]
ISBN	ISBN-1-57230-156-2
PUB DATE	1998-00-00
NOTE	0p.
AVAILABLE FROM	Guilford Publications, Inc., 72 Spring Street, New York, NY 10012; World Wide Web: http://www. guilford.com (video and accompanying manual, $95).
PUB TYPE	Non-Print Media (100)
EDRS PRICE	Document Not Available from EDRS.
DESCRIPTORS	*Art Therapy; *Child Abuse; Child Behavior; Disability Identification; Evaluation Methods; Intervention; Outcomes of Treatment; Play; *Play Therapy; Puppetry; *Sexual Abuse; *Symptoms (Individual Disorders); *Toys

ABSTRACT

This 40-minute instructional video illustrates the unique benefits of play therapy for children who have been physically or sexually abused. It describes how play activities fit into the reparative process and provides helpful pointers for practice. The uses of art supplies, the sandtray, puppets, dollhouse, masks, and more are highlighted. Illustrated throughout by children's evocative paintings, drawings, and play, the program explores: (1) the benefits of different activities for articulating children's inner experience; (2) themes to look for in the play and artwork of children who have been abused; (3) how to balance directive and nondirective approaches; and (4) helping children feel safe in the therapy setting. A companion manual amplifies themes presented in the video, including, definitions and types of child abuse, the continuum of impact of abuse, symptomatology, assessment, theoretical approaches, resilience, environmental factors and systemic responses, play therapy, rapport building, setting a context for therapy, directive and nondirective approaches in play therapy, the selection of toys and props, and specific therapy techniques, including art therapy, sand therapy, puppets, dollhouses, and courtroom replicas. The manual also provides resource lists for students and practitioners. (Contains 40 references.) (CR)

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